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perhaps the second reason some people find meditation to be helpful is that they already have a strong sense of self-awareness. they may be naturally curious about how they relate to others, and this meditation practice only helps to bring that awareness out. in meditation we can all bring out the best version of ourselves. its about being in the moment and not thinking ahead. no-one is going to give you a guided meditation - people are busy and they get bored. they want to follow a text and use a mantra so they dont have to think about it. the most effective practices are the ones that are free from the concepts of time and space,

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and are based on the idea that there is nothing more real than an experience, and nothing more real than the experience of the moment. you cant miss what youre not looking for. these are the practices that are the closest to the source of pranayamameaning, breath control. it is not possible to stop thinking or you wont be able to stop thinking. you may be able to stop for a period of time, but not for ever. you are constantly thinking, thinking, thinking, that is your default setting. it is a part of your personality. it is your normal state. you cant change it. so if you stop thinking you arent stopped at all. you have just moved from a thinking state to a non-thinking state. but you are still thinking. the practice of meditation doesnt mean you stop thinking. it means you learn to pay attention to your thoughts. the real meditation practice is the one where you learn to pay attention to your thoughts.

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for most people, the easiest way to pay attention is to stop thinking. sometimes we do this by distraction - we watch tv, we look at the ceiling or the wall, we think about what we will have for breakfast. we need to learn to pay attention in a different way, to not fall asleep in a meditation practice. there are no rules. the best way to do this is to learn to feel the experience you are having in the present moment. thats all meditation is. it is a practice of paying attention to your experience of the present moment.

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## Meditation Bangla Book Free Download

the physical aspect of yoga is the third step on the path to freedom, and if we were being honest, the word asana here doesn't refer to the ability to perform a handstand or an aesthetically impressive backbend, it means seat specifically the seat you would take for the practice of meditation. the only alignment instruction patanjali gives for this asana is sthira sukham asanam, the posture should be steady and comfortable. contemporary researchers are now exploring whether a consistent meditation practice yields long-term benefits, and noting positive effects on brain and immune function among meditators. yet it's worth repeating that the purpose of meditation is not to achieve benefits. to put it as an eastern philosopher may say, the goal of meditation is no goal. it's simply to be

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present. its been said that our body and mind are like two closely held horses that must be calmed in order to move together. meditation helps the mind to quiet, and the physical posture is simply a vehicle for this and is only important to keep the body in a comfortable position. there are many ways to meditate, but for the sake of simplicity ive focused this book on the practice of mindfulness meditation. the ancient wisdom of mindfulness has been lost for far too long. it was revived by the zen buddhist teachers and has been making a comeback ever since. if youre unfamiliar with meditation, i recommend you read my previous book on the topic before proceeding with this book. the idea of meditation is to be mindful. to be aware of what is happening in the present moment. but here is the thing - being aware doesnt actually make you do anything. to be mindful is to actually act.

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to be mindful means to be in control, to be in control of yourself. to be in control of what you think, of how you feel, of what you say and do. it means making yourself more powerful and more independent. meditation is about becoming who you really are. it is about cultivating your innate wisdom and letting it shine through. as it does, your life will naturally be filled with love, truth, peace and beauty. this is the life you really want. 5ec8ef588b

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